ܒܙܲܒܢܹ̈ܐ ܐܝܼܟ ܕܐܵܕܝܼܵܐ، ܡܸܬܥܵܩܬܵܢܘܼܬܵܐ ܡܲܠܘܵܐ ܕܐ̈ܢܵܫܹܐ ܗܵܘܹܐ ܦܵܝܫܵܐ ܠܹܗ ܦܫܝܼܛܵܐ (ܢܘܿܪܡܵܐ).

ܡܲܠܠܵܐ ܕܥܲܡ ܐ̈ܢܵܫܹܐ ܡܵܨܹܢ
ܦܵܝܫܵܐ ܡܘܼܥܲܕܪܵܢܵܐ ܠܵܟ݂ ܝܲܢ ܠܵܟ݂ܝ.

ܐ̈ܢܵܫܹܐ ܡܲܨܕܸܩ ܝܼ، ܐܝܼܢܵܐ ܕܒܲܟ̰ܝܵܐ ܒܘܼܪܓܵܐ ܡܲܢܵܐ ܕܟ݂ܵܢܹܐ ܝ ܟ̰ܘܼ
ܡܲܢܵܐ ܒܥܲܠܡܵܐ ܗ̄ܘ ܝܕ ܡܫܚ ܕܒܝܼܪ̈ܵܢܹܐ؟

ܐܝܼܟ ܒܲܥܠܵܐ ܕܦܠܵܚܵܐ ܗܝܼܫܵܡܘܼ، ܠ HeadtoHelp،
ܗ̄ܘ ܗ̄ܕܵܐ ܝܕ ܦܠܵܚܡܘܼ، ܒܘܢ ܚܩܝܼܡ.

ܡܲܦܩܘܼ، 1800 595 212

ܘܡܲܠܦܘܼܢ، ܒܘܗ ܗ̄ܘ ܗܢܕܵܐ ܕܚܘܼܠܡܵܢܵܐ
ܕܗܘܵܢܵܐ ܒܘܢ ܦܬܚܵܐ ܗܵܠܟܘܼܦܢ.

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ܫܘܪܝܐ ܚܕ ܗܘܓܓܐ (ܣܛܪ ܦܘܪܫܬܐ)	ܚܒܪܐ ܡܟܠܟܬܐ ܥܘܡ ܠܚܩܬܐ ܦܘܢܕܐ ܢܣܚܘܟ ܗܫܝܐ ܡܗܘܟ	ܝܐܬܘܟ ܒܩܢ ܝܠܡܝܗ ܒܘܗ ܕܐܪܚܐ ܩܐܠܘܟ
ܚܕ ܚܒܪܐ ܕܡܫܡܫܬܐ ܕܩܠܐ ܠܚܘܠܡܢܐ ܥܡ ܒܝܕܥܬܘܟ ܒܘܩܪܐ. ܡܘܕܟܝܘܬܐ ܕܢܘܥܒܝܘܟ ܠܐ ܩܐܠܐ ܥܡ ܦܝܫܐ ܠܟ ܕܦܪܡܚ ܐܢܝ ܗܢܕܬܐ ܒܘܪ ܥܡ ܠܚܡܐ ܩܐ ܡܠܟܬܐ ܕܗܒܫܘܬܐ ܕܘܪܐ ܐܒܠܘܟ.	ܐܢ ܗܘܝܐ ܡܗܘܟ ܒܕܟܬܐ ܒܚܒܫܘܬܐ ܕܢܘܩܪܐ ܩܐ ܚܕ ܡܗܝܐ ܕܒܝܕܬܐ، ܒ ܐܒܠܘܟ ܒܚܒܩܐ ܕܒܕܘܝܐ ܡܢܐ ܒܚܒܕܐ ܡܚܟܕܒܘܬܐ (ܩܠܐ) ܒܟܠ ܚܘܬܘܟ ܒ ܒܟܠ ܚܘܠܡܢܘܟ ܦܟܕܢܐ ܒ ܒܟܠ ܐܚܢܘܢܬܘܟ (ܝܠܩܐ)، ܐܚܪ ܩܢܚ ܕܡܦܝܚܠܘܟ ܠܝܠܡܬܐ ܕܩܢܒ ܦܝܕܒܠܘܟ.	ܒܠܒܐ ܕܕܡܚܬܘܟ ܘܗܢܕܬܘܟ، ܩܒܒ ܡܘܕܝܘܐ ܒܠܘܕܫܐ ܕܝܠܡܬܐ ܕܐܒܗ ܦܘܕܐ ܒ ܒܠܘܕܫܐ ܕܚܕ ܡܢ ܡܝܠܕܘܝܐ ܕ HeadtoHelp.

HeadtoHelp ܠܐ ܡܠܟܐ ܣܢܐ ܝܠܡܝܗ ܩܐ ܝܕܪܬܐ ܒܚܒܝܫܘܬܐ. ܐܢ ܗܫܝܐ ܡܗܘܟ ܠܦܘܢܕܐ ܚܕܝܬܬܐ ܒ ܒܗܘܟ، ܠܗ ܡܝܟܠܐ ܕܚܘܕܘܪܐ ܩܐ ܟܢܘܟ، ܒ ܩܐ ܐܝܕܝܐ، ܐܢ ܒܥܡܐ ܠܘܟ، ܡܕܘ، ܒܟܠ ܡܢܝܢܐ ܕܗܠܟܬܐ ܚܒܩܐ (000).

HeadtoHelp ܝܠܗ ܣܢܐ ܝܠܡܝܗ ܡܟܠܢܝܬܐ ܘܡܚܒܫܬܐ ܡܠܟܐ ܩܐ ܐܢܝ ܒܢܝ ܒܝܬܘܬܐ ܡܢ ܒܟܠ ܒܘܡܪܐ ܕܪܘܚ ܕܡܢܫܘܝܐ ܡܢܐ ܒܚܒܫܘܬܐ ܕܢܘܩܪܐ ܒ ܡܕܟܠܐ ܕܪܘܚܐ.

HeadtoHelp ܥܡ ܡܣܝܥܢܐ ܒܘܗ ܐܪܥܐ ܘܪܘܚܢܬܐ ܕܚܕ ܦܪܘܦܩܐ ܐܢ ܡܣܥܘܕܐ ܡܠܟܐ ܝܠܡܬܐ ܐܝܕܝܐ ܕܥܡܐ ܛܠܒܐ ܕܩܒܒ ܦܕܒܝܐ ܩܐ ܝܠܡܬܐ ܕܥܡܐ ܡܫܪܒܠܘܗ.

ܩܠܒܝ ܒܚܒܪܐ ܡܢܐ ܚܝܦܢܬܐ (ܝܕܥܝܐ) ܕܚܘܠܡܢܐ ܕܪܘܚܐ ܘܩܠܝܬܐ ܕܡܫܩܝܐ ܘܩܠܝܬܐ ܚܒܪܝܐ ܘܩܠܝܬܐ ܕܥܡܢܝܬܐ ܐܠܚܘܡܠܝܐ ܘܕܡܫܡܫܢܐ ܐܝܕܝܐ ܘܝܠܡܬܐ ܐܚܢܝܐ ܐܝܕܝܐ ܕܚܘܠܡܢܐ ܕܥܡܐ ܩܠܚܒ ܒܡ ܐܗܝܐ ܟܦܢܝܐ ܘܐܗܝܐ ܕܢܘܩܪܐ ܠܗܢܕܐ ܩܐܠܘܟ، ܒܠܘܕܫܐ ܕܡܫܪܒܬܐ ܕܝܠܡܬܐ ܕܚܘܠܡܢܐ ܡܢ ܢܣܩܐ ܒ ܠܗ ܡܝܠܕܘܗ، ܕܡܫܪܒܬܐ ܕܝܠܡܬܐ.

ܠܡܢܝܢܐ ܡܘܕܟܝܘܬܐ ܘܦܪܝܬܐ، ܡܕܘ، ܒܟܠ ܡܢܝܢܐ 1800 595 212
ܒ ܡܣܝܕܘܗ، ܠܒܘܩܐ ܠܝܒܗܕܘܢܐ headtohelp.org.au

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HeadtoHelp ܝܠܗ ܚܕ ܣܘܕܪܐ ܡܫܘܬܦܐ ܕܫܒܟܐ ܕܒܝܬܘܬܐ ܩܐ ܡܡܕܒܪܢܘܬܐ ܕܚܘܠܡܢܐ ܩܕܡܝܐ (Victoria’s Primary Health Networks) ܘܦܠܚܐ ܡܠܗ ܡܡܘܢܐ ܒܝܕ ܫܘܠܛܢܐ ܐܘܣܛܪܠܝܐ (Australian Government).